

June 2019

Carver Council on Aging

What's Inside for June

Country SINGO! with Jim the DJ Guy

Monday, June 3rd, 12:00 noon

"SINGO" the musical bingo will feature your favorite Country and Western songs this month! Come for lunch and stay for Singo! It is FREE to play and FUN to win!



"What's in Season?" presented by Community

Nurse Home Care Registered Dietitian Barbara Canuel. Wednesday, June 5th at 12:00 noon
Learn ways to store and purchase seasonal fruits and vegetables on a budget and how to include them in your meal plan.

Utah National Parks Tour Presentation

by Linda Felix of North River Home Care
Wednesday, June 12th at 12:00 noon. Linda will be highlighting the Utah National Parks of Zion, Bryce, Canyonlands, Capitol Reef, Arches plus the Salt Lake City/Olympic Village and more!

"Save the Bees" presented by Entomologist Blake Dinius from the Plymouth County Extension

Wednesday, June 19th at 12:00 noon

Learn about the unique challenges that face our native bees and ways we can accommodate them. Call Connie at 508-866-4698 x3 if you plan to attend.

GATRA Bus Trip to the Dexter Grist Mill and Hoxie House in Sandwich

Monday, June 24th, 9:00 am to 3:00 pm.

Cost: \$17 (\$12 tour plus \$5 for transportation). Lunch is on your own at a local restaurant. Call Connie at 508-866-4698 x3 to reserve a spot. Seating is limited.

Wire-wrapped Beach Glass Pendant Craft

Wednesday, June 26th, 9:30 am
Register with Connie at 508-866-4698 x3.



Coming in August . . .



Carver COA BLOOM Bus Trip Providence Riverboat Cruise & Lunch at Hemenway's Restaurant

Friday, August 9th

8 am - 5 pm

Cost: \$60/person

Full payment due with reservation by Thursday, July 25th.
Call Connie at 508-866-4698 x3 for reservations.



COUNCIL ON AGING

Monday -Thursday
9 AM-3 PM

Friday 9 AM-12PM

48 Lakeview St., South Carver
508-866-4698

COA DIRECTOR

Carole Julius

Monday-Thursday
9 AM-12 PM

508-866-4698

cjulius@sailsinc.org

BOARD OF DIRECTORS

Colleen Preston-Chair

Donna Marie Forand-Vice Chair

Helen Marrone-Secretary

Mary Callahan

Alan Germaine

Betty Sullivan

FRIENDS OF THE CARVER COA

Ron Clarke

Vice President

Madeline Joyce

Secretary/Treasurer

The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.

GATRA Dial-A-Ride

Shopping - Dining - Appointments - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm no later than the day before to schedule a seat on the bus. Have the address of the location to which you need transportation when you schedule.

Call in advance to CANCEL a reservation.

Messages can be left after hours.

DO NOT call the drivers directly!

Please consider other passengers and limit the number of shopping bags on shopping trips

SCHEDULE

MONDAYS 9AM—2PM "Around Town" errands

TUESDAYS & THURSDAYS Medical Appointments

WEDNESDAYS Supermarkets

WALMART Plymouth - 1st & 3rd AM

SHAW'S Carver - 2nd AM

***STOP 'N' SHOP** Plymouth - 4th AM

MARKET BASKET Plymouth - Every PM

**4th Wednesday morning destination subject to change.*

FRIDAYS SHAW'S Carver - AM

GATRA Bus FAQs

What towns does GATRA provide rides to?

Transportation is provided to the towns adjacent to Carver.

What is the fee for riding the GATRA bus?

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. A book of passes makes a great gift for any senior in your life that needs transportation!

How do I schedule a ride?

Closing Due To Weather Conditions

The Carver COA will be closed and bus services canceled if and when the Carver Schools are closed.

Closing announcements are broadcast on WPLM radio.

LOAN CLOSET

The COA maintains a "loan closet" for your use and benefit. Canes, walkers, crutches, commodes, wheelchairs and more are available for you to borrow at no charge.

COPIES

The COA will make **FREE** copies for seniors. Ask a staff member during our regular hours to use this service.

VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at 508-866-3406.

Come meet Mark at the COA on Tuesday, June 25th at 10:00 am!

LEGAL ADVICE

Attorney-At-Law Lawrence L. Hale is available to meet with seniors by appointment only, for free legal advice and counseling. Appointments are available for the second Thursday of each month, starting at 10:00 am. Call the COA office at **508-866-4698 x 3** to make your appointment a week in advance.

ATWOOD HOUSE RENTAL

The Nutrition Center at the Atwood House is available for rent on nights and weekends when it's not in use by the Council on Aging. The cost for Carver residents is \$75 for 4 hours of use without the kitchen and \$100 for 4 hours of use with the kitchen. Call the COA office at **508-866-4698 x 4** for more information or to book a party.

FRIENDS OF THE CARVER COUNCIL ON AGING

New members are always welcome! Annual membership fee is \$5. Anyone interested in renewing their membership please contact Madeline Joyce or Friends of the Carver Council on Aging, PO Box 72, Carver, Ma 02330.

SENATOR PACHECO

Offices Hours at the Carver Town Hall on the 3rd Monday of every month 1-2 pm. Drop in or call **508-822-3000** or **617-722-1551** to schedule an appointment.

WELLNESS CLINIC - "ASK THE NURSE"

Julie Tooher, RN from the Visiting Nurse Association of Cape Cod, is here every Tuesday from **10 AM - 11:30 AM** offering **FREE** blood pressure screenings and 1-on-1 consultations. Glucose & cholesterol screenings offered on the first Tuesday of each month. This service is sponsored by the Carver Board of Health. *Walk-ins are always welcome!*

If you are worried about your drinking, or if others are worried about your drinking, Alcoholics Anonymous has a solution. For online AA meetings and 24 hr. chat support: www.aa-intergroup.org. For more information: www.aa.org.

HAIRCUTS BY DONNA

Donna Lawrence is available to provide in-home hair cuts by appointment; \$15 for a cut, cut and blow dry \$25. Call **508-866-4698 x3** to make an appointment.

"WELCOME WEDNESDAY"

On the first Wednesday of each month anyone new to the COA can get a personal tour and find out about the activities and services available. Call ahead to Connie at **508-866-4698 x3**.

GATRA MINI-BUS

Peggy Wood

Dispatcher

Monday - Friday

9 AM-12 PM

508-866-4698 x 1

OUTREACH SERVICE

Judy Murphy

Outreach Worker

Mon., Tues. & Fri.

9 AM - 2 PM

508-866-4698 x 2

ACTIVITIES

Connie Kelly

Activities Coordinator

Tues., Wed. & Thurs.

9 AM - 3 PM

508-866-4698 x 3

ckelly@sailsinc.org

NUTRITION CENTER

Dawn Padovani

Monday -Thursday

8 AM - 3 PM

Friday 8 AM - 12 PM

508-866-4698 x 4

Lunch weekdays at 11:45

WEEKLY ACTIVITIES

ACRYLIC PAINTING CLASSES

FREE with Jim Collins. Wednesdays at 5 PM. Call to register at **508-866-4698 x3**.

BACKGAMMON

Fridays at 10:00 AM

Experienced and novice players are welcome. Come play on the new hand painted game table courtesy of the artistic talents of Pamela Welch!

BASKET WEAVING

with Patty Batson. 1st & 3rd Tuesdays as well as the corresponding Fridays at 9:30 AM. \$25/2 week project. Register at **508-866-4698 x3**.

BINGO

Thursdays at 12:30 PM. \$5 for a standard pack of 10 games. \$1 for coverall and \$1 for 50/50 coverall

CHAIR YOGA

with Maggie Lunevitz. Mondays - 10 AM. \$5/class. Call to register at **508-866-4698 x3**.

CRIBBAGE

Tuesdays at 12 PM. Join some avid players for a few rounds of the game. *Drop in*.

OIL PAINTING CLASSES

FREE with Jim Collins. Tues. 1 PM. Call to register at **508-866-4698 x3**.

RUMMIKUB

Wed. - 12 PM New and experienced players welcome. *Drop in*.

WATERCOLOR CLASSES

with Cindi Walsh. Tues. - 1 PM. \$10/class. Call to register at **508-866-4698 x3**.

MONTHLY ACTIVITIES

COFFEE WITH THE CHIEF

Every second Tuesday at 10:30 AM meet Police Chief, Marc Duphily, who will listen to any questions or concerns and will also collect any expired or unused prescription drugs.

SINGO

with Jim the DJ Guy on the first Monday of the month - 12 PM. *Drop in*.

FOOT CARE CLINIC

20 - 30 minute appointments on the first Thursday of the month for nail cutting, smoothing calluses and corns plus foot massage for \$29. Call for an appointment at

508-866-4698 x3.

WHAT'S HAPPENING THIS MONTH

or COA Office at **508-866-4698**

"WHAT'S IN SEASON?" presented by Community Nurse Home Care Registered Dietitian Barbara Canuel. Wednesday, June 5th at 12:00 noon Learn how to shop your local farmer's markets and discover which fruits and vegetables are in season. Support your local farmers and save money! Call Connie at **508-866-4698 x3** if you plan to attend.

PAINTED LIGHTHOUSE CRAFT

Wednesday, June 12th at 9:30 AM

Hand paint a wooden lighthouse birdhouse for indoor or outdoor display. Call to register at **508-866-4698 x3**.



UTAH NATIONAL PARKS

PRESENTATION by Linda Felix of North River Home Care Wednesday, June 12th at 12:00 PM Discover the beauty and majesty of Utah's National Parks featuring: Zion, Bryce, Canyonlands, Capitol Reef, Arches plus Salt Lake City/Olympic Village. Call **508-866-4698 x3** if you plan to attend.

"SAVE THE BEES" presented by Entomologist Blake Dinius from the Plymouth County Extension Wednesday, June 19th at 12:00 noon Protect our pollinators! Learn about our native bees and how we can help them. Call Connie at **508-866-4698 x3** if you plan to attend.

SENIOR SURVEYS

Senior Surveys are out! We have a strong response and there's still time to get yours in. Please go online to submit your response, or fill out the paper copy that was mailed to you. If you have any questions, or need assistance, please call the Planning Office at **508-866-3400**



GATRA BUS TRIP TO THE DEXTER GRIST MILL & HOXIE HOUSE, SANDWICH

Monday, June 24th, 9:00-3:00

Cost: \$17 (\$12 tour + \$5 bus) Visit Dexter Grist Mill, one of the most photographed sites on Cape Cod. Be transported back in time while visiting the authentically restored Hoxie House. Admission includes both tours plus a free bag of corn meal! Lunch will be on your own at a local restaurant. Please call **508-866-4698 x3** to reserve a spot. *Seating is limited.*

MEET THE VETERAN'S AGENT

Tuesday, June 25th at 10:00 AM Stop by the Nutrition Center for coffee and donuts to meet Mark Pineo, Carver's Veteran's Agent. Find out what services are available for our service men and women.



WIRE WRAPPED BEACH GLASS PENDANT CRAFT

Wednesday, June 26th, 9:30 AM Start your summer with a souvenir of the beach with a beach glass pendant that you create yourself! Call to register at **508-866-4698 x3**.

FOOD PANTRY

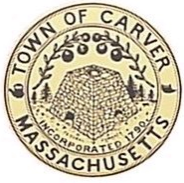
Shane Gives Thanks - 128 Main St. Tues./Thurs/Fri. - 9am-1:30 pm Sun. - 9am-11 am Mon./Wed./Sat. - Closed Home Delivery to homebound residents. **508-866-7673**

MEALS ON WHEELS

The COA provides Meals on Wheels for homebound elders. Monday - Friday **Daily Cost: \$3.00** Call the Nutrition Center at **508-866-4698 x 4**

SHINE PROGRAM

Health Insurance Counseling Maureen Drilling Most Tuesdays 9 - 12 Call for an appointment **508-866-4698 x4**




CARVER COUNCIL ON AGING
P.O. BOX 618
SOUTH CARVER, MA 02366

Return Service Requested

Std Lts
U.S. Postage PD
#37
Carver, MA 02330

JUNE 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Have you sent in your Senior Survey? There is still time to mail it, drop it off or fill out online at www.surveymonkey.com/r/CarverMa2019.</p>				30	31	1
2	Chair Yoga 10:00  12:00 noon	Visiting Nurse 10:00-11:30 Glucose Cholesterol Baskets 9:30 Watercolors 1:00 Oil Painting 1:00	"What's in Season?" 12:00 Rummikub 12:00 Acrylic Painting 5:00	Footcare Appts. BINGO 12:30	Basket Weaving 9:30 Backgammon 10:00	8
9	Chair Yoga 10:00	Visiting Nurse 10:00-11:30 Coffee with the Chief 10:30 Watercolors 1:00 Oil Painting 1:00	Painted Lighthouse 9:30 National Parks 12:00 Rummikub 12:00 Acrylic Painting 5:00	Atty. Hale Appts. BINGO 12:30	Backgammon 10:00	15
16	Chair Yoga 10:00	Visiting Nurse 10:00-11:30 Baskets 9:30 Watercolors 1:00 Oil Painting 1:00	Save the Bees! 12:00 Rummikub 12:00 Acrylic Painting 5:00	BINGO 12:30	Basket Weaving 9:30 Backgammon 10:00	22
23	GATRA Bus Trip Dexter Grist Mill & Hoxie House 9:00-3:00 Chair Yoga 10:00	Visiting Nurse 10:00-11:30 Watercolors 1:00 Oil Painting 1:00	Beach Glass Pendant Craft 9:30 Rummikub 12:00 Acrylic Painting 5:00	BINGO 12:30	Backgammon 10:00	29
30						